



Serves: 4

Brussel Sprout Ingots With Minced Chicken Patties

Ingredients

- Chicken breast, minced 300g
- Brussels sprouts 8
- 4 Water chestnut, chopped
- Ginger, finely chopped 10g
- Rice bran oil 1 tsp
- Oyster sauce 3 tbsp
- Water 4 tbsp
- White sesame oil 1 tsp
- Cornstarch 4 tbsp
- Red chilli, finely chopped 1
- Salt & pepper, to taste

Tips:

- Cook and serve vegetables just before eating to get their maximum nutrient value.
- Lean meat is flavourful yet low-fat. To make it healthier, remove the visible fat and skin before cooking.
- Low in sodium but high in potassium, vegetables help maintain a healthy blood pressure.

Method

- Wash and pat the chicken breast dry. Chop finely until the chicken breast is minced.
- Add water chestnut, ginger, sesame oil, 1 tsp of corn starch, and season with salt and pepper to taste. Stir to mix well and put aside.
- Rinse the brussel sprouts and cut into halves.
- Put a bit of cornstarch on each of the brussel sprouts, and paste the minced chicken patties on top of the brussel sprouts.
- Place some finely chopped red chilli on top as well.
- Arrange the brussel sprouts on a steamer lined with aluminium foil. Steam over high-heat for 8-10 minutes.
- Heat 1 tsp of oil in a wok. Add water and the oyster sauce.
- Thicken the sauce with cornstarch. Pour the sauce over the steamed brussel sprouts.
- Ready to serve.

Nutrition Information (Per Serving):

Energy 156.0kcal
Carbohydrate 12g
Protein 19.1g
Total fat 3.4g
Saturated fat 0.9g
Cholesterol 43mg
Dietary Fibre 2.1g
Sodium 514mg